Facets

August 2011

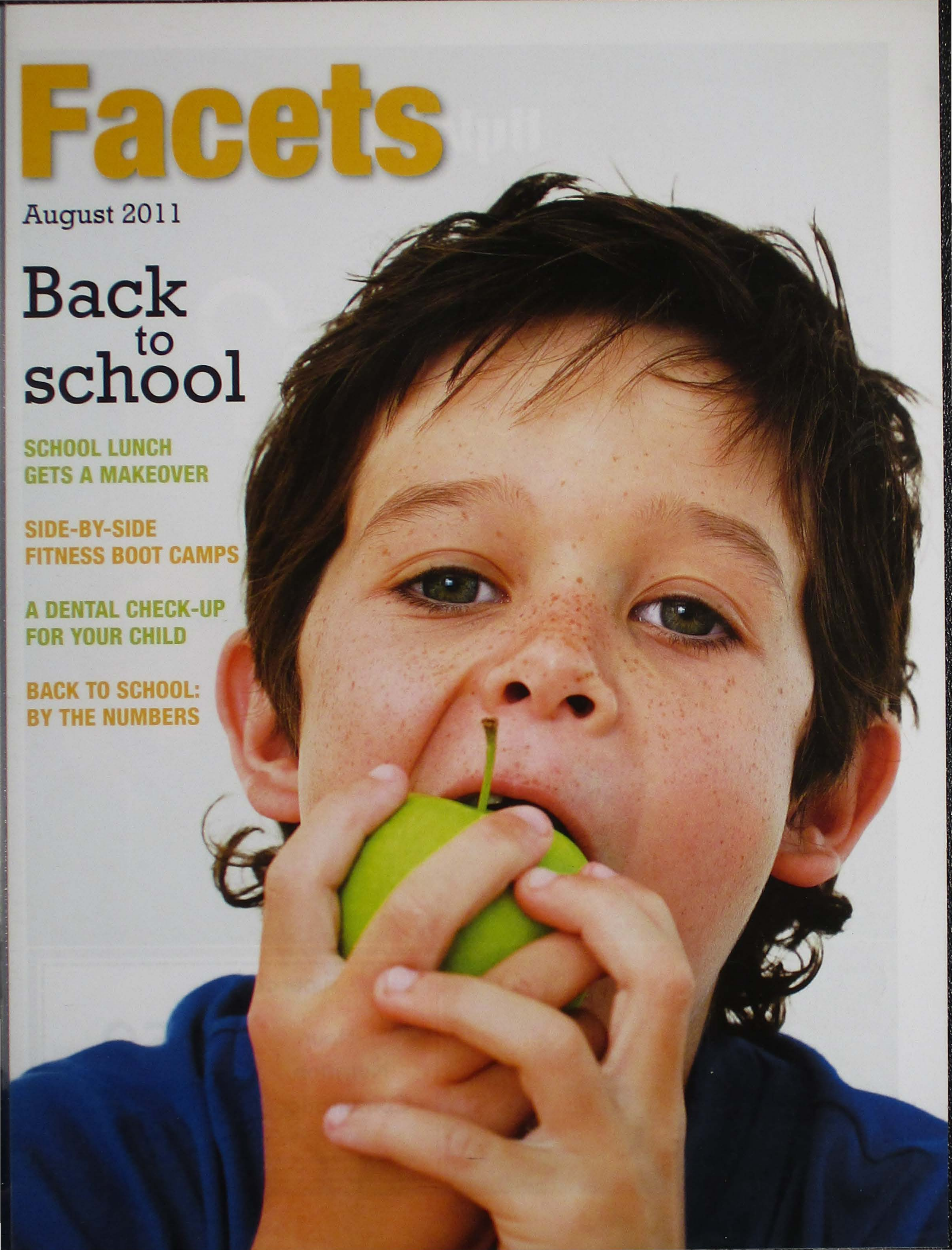
Back to school

SCHOOL LUNCH GETS A MAKEOVER

SIDE-BY-SIDE FITNESS BOOT CAMPS

A DENTAL CHECK-UP FOR YOUR CHILD

BACK TO SCHOOL: BY THE NUMBERS



Hy-Vee

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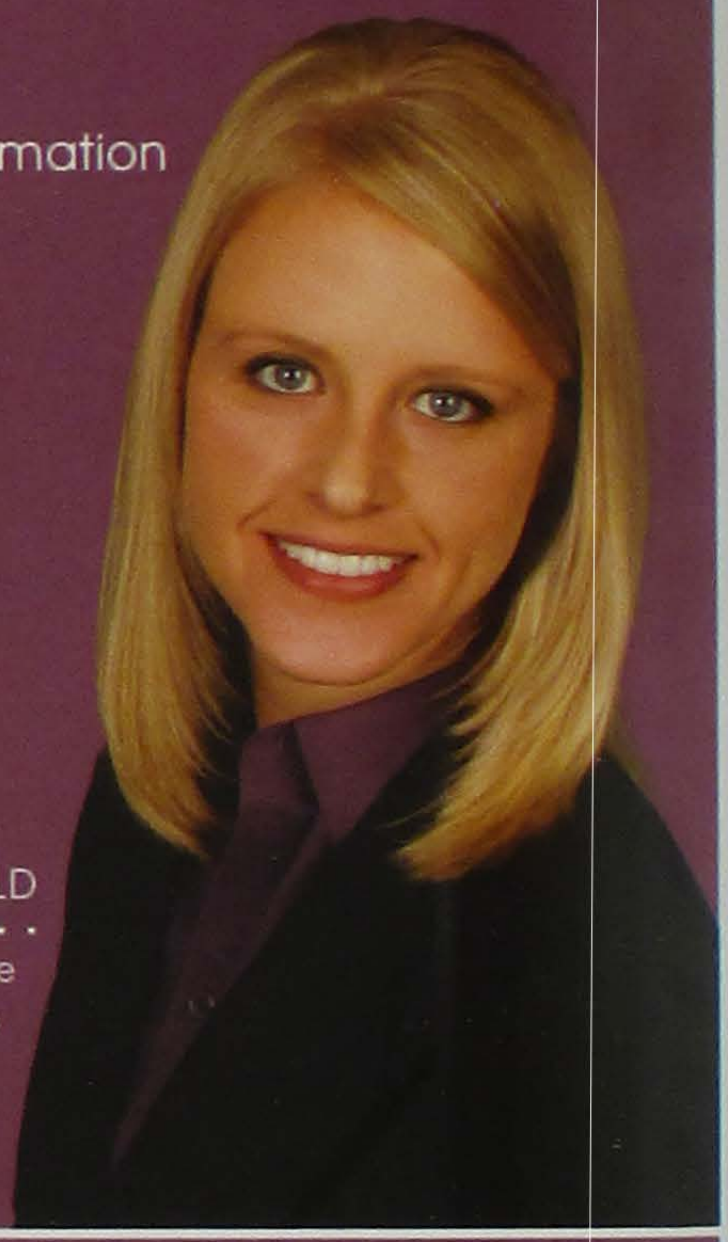
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Facets

Fac•et - *n.* 1. One of the flat surfaces cut on a gemstone.
2. The particular angle from which something is considered.

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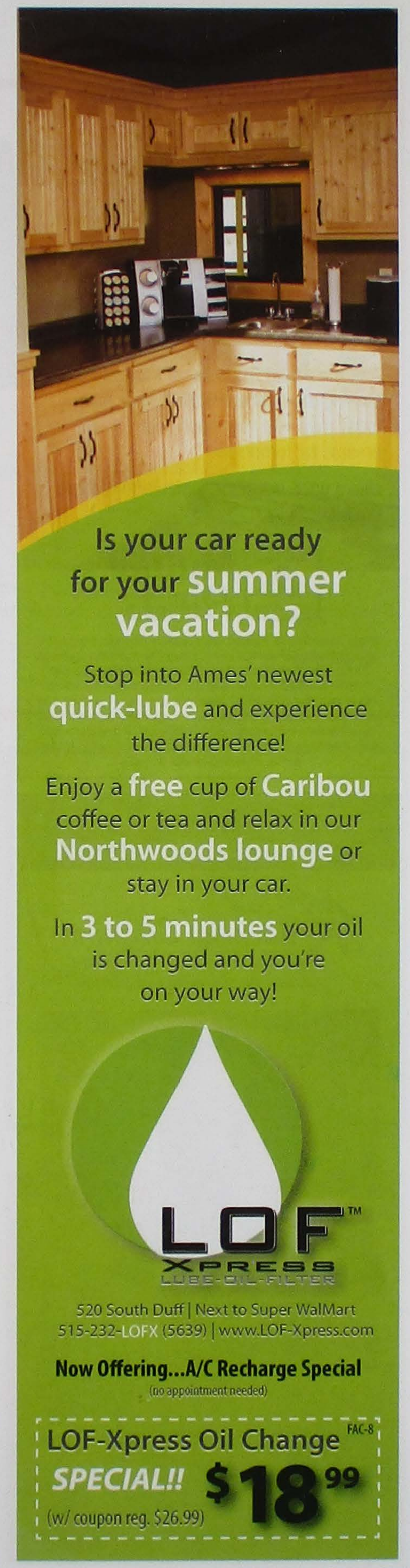
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ON THE COVER
By Jupiterimages

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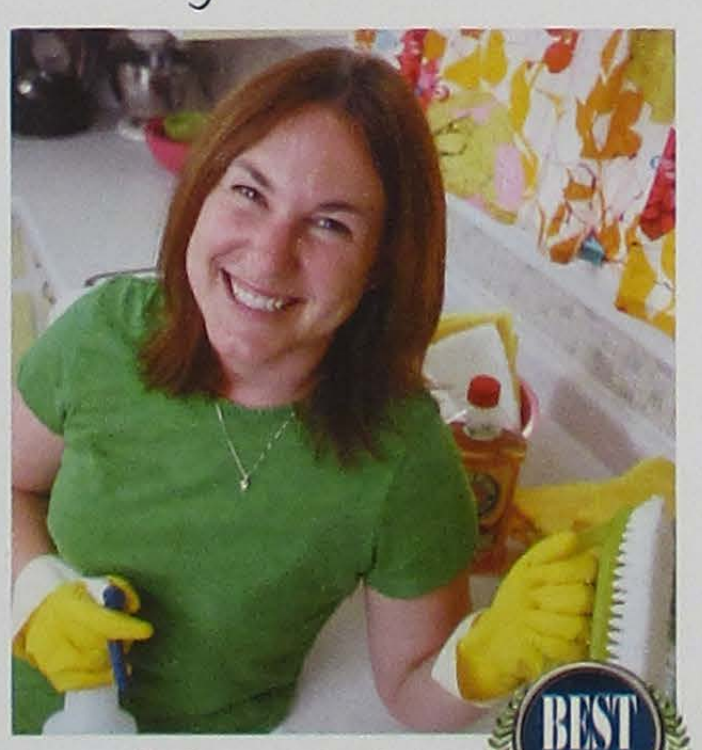
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editor's note | **LISA MUNGER**

Back to the routine

Back to school season means more than getting your kids, or yourself, through the schoolhouse doors. For one, it's a marketing bonanza that nips at the heels of Fourth of July merchandise in discount stores to roll out pens, pencils, notebooks, backpacks themed in Dora the Explorer to Mario Kart and everything in between. Not to mention the older kids. I won't even take a shot at guessing what they're into. I'm definitely not hip enough. Regardless, besides the obvious, back to school time tends to mark the waning of roaming summer days and the transition to back into a routine. In a town like Ames, where nearly half the population is comprised of students, even if you aren't one of them, you can't escape their impact.

So whether you are a student, the parent of one or just a neighbor of one by virtue of living in Ames, this month's edition should get you set to kick off the school year and its routines. Amie Rockow-Nelson, DDS, a newly-minted Facets guest columnist (and former Faceted Woman) offers some advice to make sure the kiddos you love are up-to-date with their dental health. Turns out, there's even a law to ensure this, which she'll fill you in on. You'll read about how to appropriately get back into your fitness routine after an injury. We're also debuting a new regular column from our new Facets Fashionista, Faye. This sassy Story County gal plans to speak her mind on all things beauty, including hair, skin and make-up. Check out her column and send her an email with your burning questions. If your question is burning a little too hot for comfort, you can even choose to remain anonymous — just like her.

To summer and its sunset,

Lisa

"The only routine with me is no routine at all."

— Jacqueline Kennedy Onassis

what we're into | **AUGUST**



SHIATSU, A JAPANESE MASSAGE

Available locally at Wellspring Wellness.

— Karen Petersen



WEB CHATS

Via Skype, iPod Facetime or Google video chat with adorable nieces (or whoever you miss in your life).

— Lisa Munger

IPAD

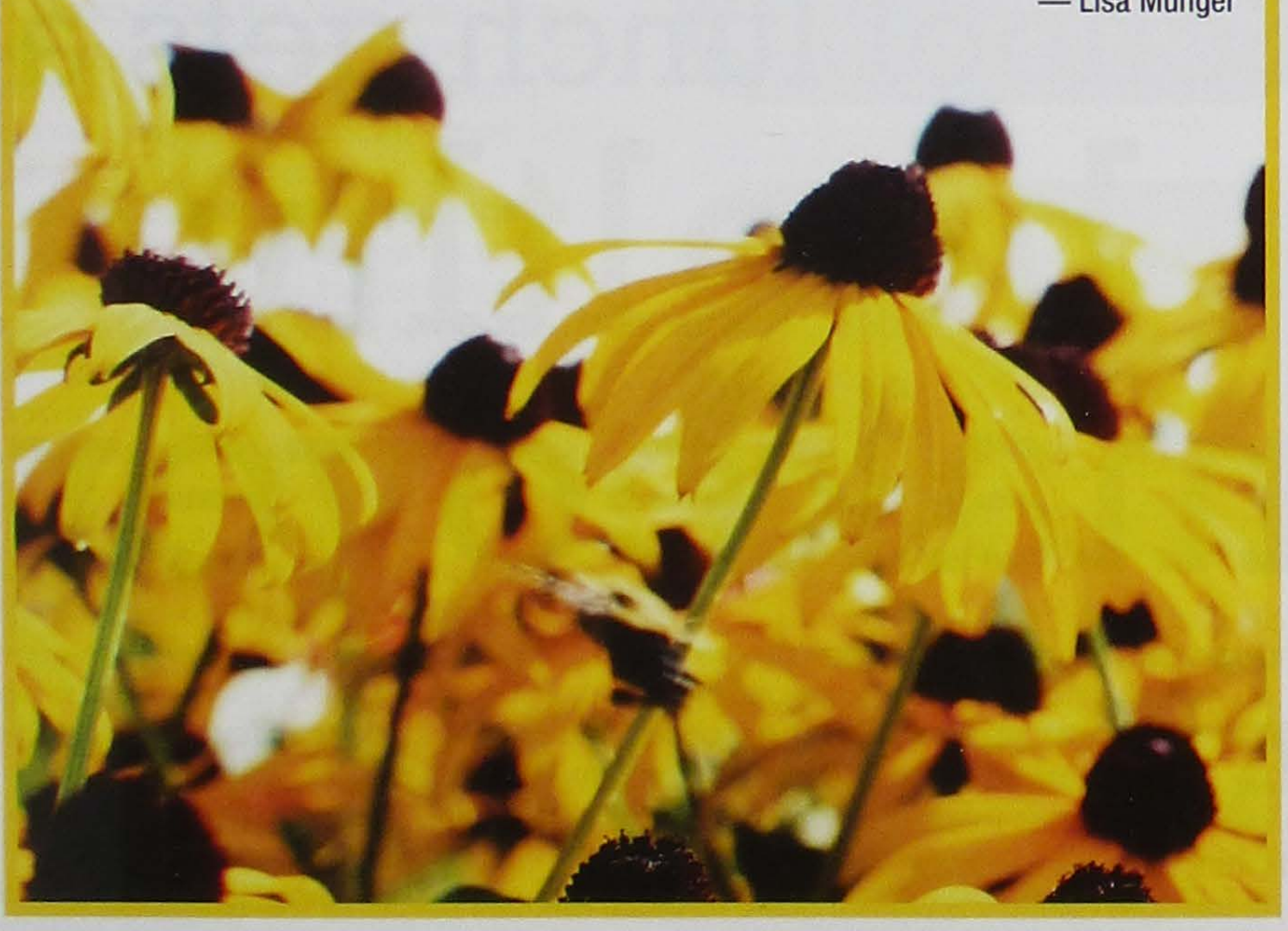
I'm really, really into my iPad. It's great for travelling — I can take a bunch of books, check and send e-mail, and surf the net, all in one small tablet that fits into my backpack or messenger bag.

— Kristy Marnin

WWW.THEIOWAGARDENER.COM

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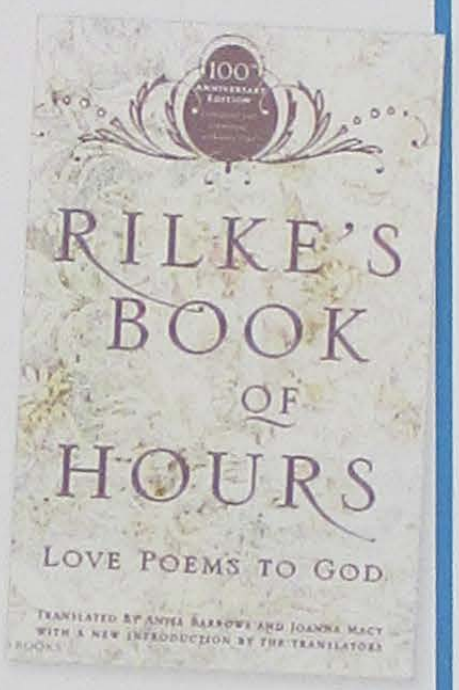
— Lisa Munger



RILKE'S "BOOK OF HOURS"

This small volume includes a wonderful preface from scholar Joanna Macy. The poems are presented in origin German and English. Lovely.

— Lisa Munger



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— Laura Millsaps

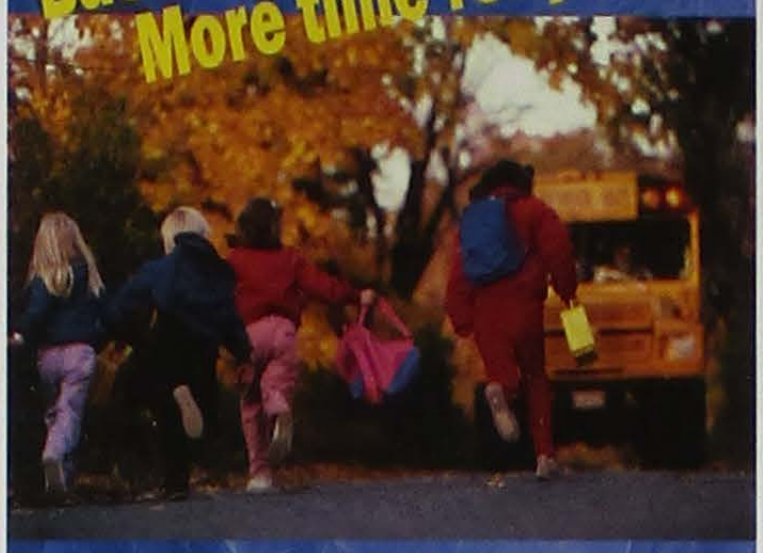
RETRORENOVATION.COM

Since I just purchased a home built in 1939, I'm a big fan of the blog retrorenovation.com. Blogger Pam Kueber urges her readers to "love the house you're in" by preserving the details of 1930s, 40s, 50s, 60s, and 70s home in all their quirky and kitschy glory. Also check out her recently launched "Save the Pink Bathroom!" blog (savethepinkbathrooms.com), a humorous but serious call to save that unique feature of mid-century modern architecture, the pink bathroom.

— Laura Millsaps

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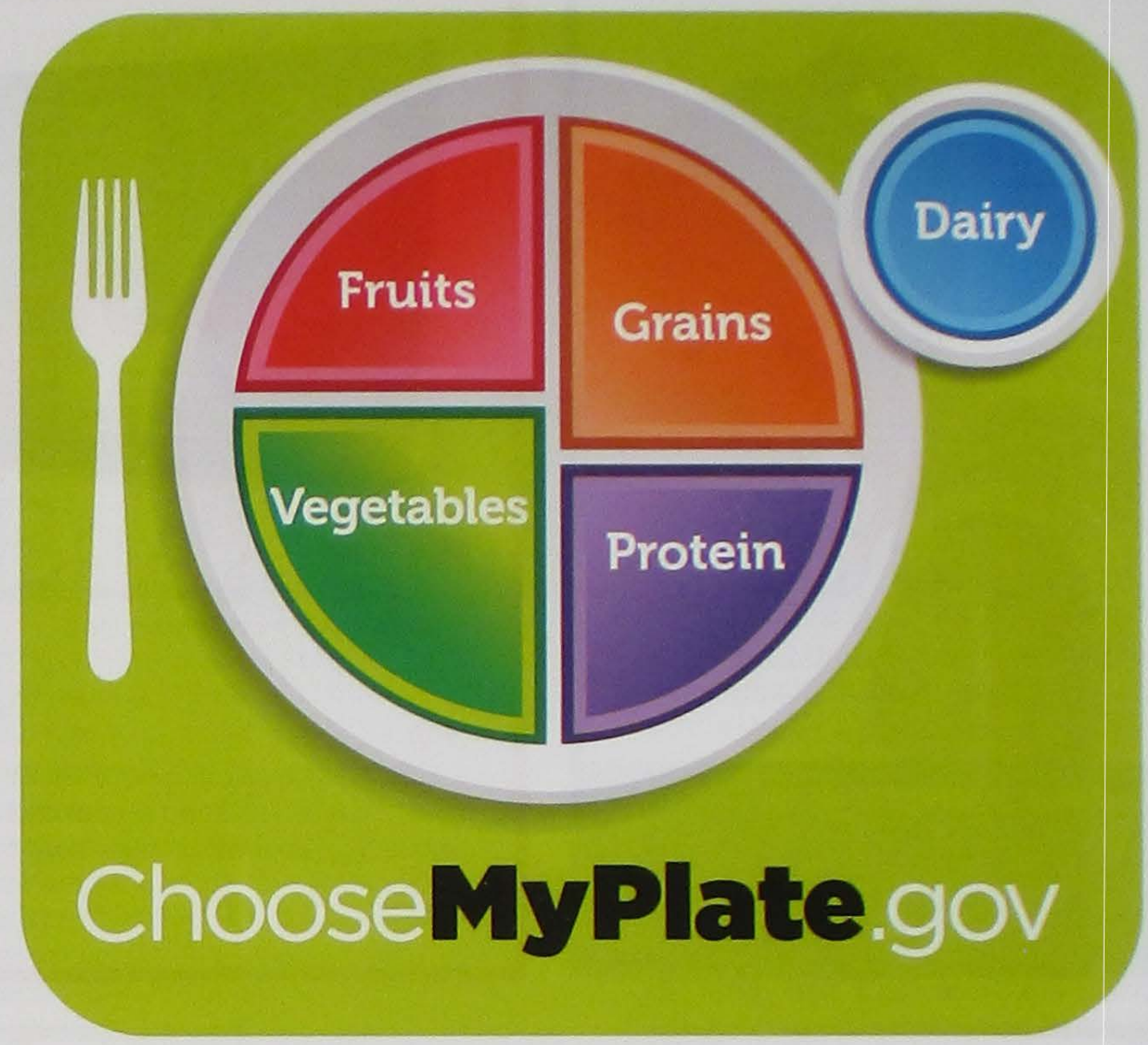
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U.S. Department of Agriculture

School lunch gets a healthy makeover

BY LISA MUNGER, FACETS EDITOR

As you gear up for the back to school season, your kids may find fewer tater tots and more carrots on their lunch plate this year as school districts adapt their menus to comply with new federal legislation aimed at making our kids' lunch plates healthier.

As the 20th century dawned, governmental officials began to use graphical representations to indicate what constituted "healthy" eating — even using butter as a food group at one point. Oh, the good old days. Most recently, we've used the food pyramid to guide our eating. Now, the feds are switching our pyramid to a new meme — the MyPlate.

While still benignly cartoonish, MyPlate and the federal legislation behind it, suggests a few notable changes from the pyramid model.

Among the shifts are the recommendations to fill half of your with plate fruits and vegetables at each meal, use more portion control and drink water over sugary alternatives (including some fruit juices), proving that just because the word fruit's in the name, it doesn't mean it's healthy. These new standards require parents and caregivers, including schools, to more carefully consider what they're putting in our kids' bellies.

While nutrition experts, whole-food advocates, including first lady Michelle Obama, herald the shift, others worry school districts and low-income families will struggle to measure up.

As for Ames, the Healthy Kids Act, including its effect on school lunches has already begun implementation.

"The Ames (school district) is in compliance with the Healthy Kids Act passed by the Iowa Legislature and effective last year," said Karen Shimp, chief financial officer of the Ames Community School District. "Additional nutritional changes are being worked into the menus for the upcoming year based on the federal legislation, such as limiting starchy vegetables (e.g. white potatoes) to one serving per week."

Shimp said meal sales receipts declined in Ames by $110,000 during the 2010-11 school year, a stat she attributed to the implementation of the new, healthier standards.

Evidently carrots aren't worth as much as yummy, fried tater tots as dished out in past years to some Ames' kids, if we are to extrapolate from the loss of food sales revenue.

Shimp added that Ames' schools are striving to work with their food service provider to come up with more appealing menus, using Iowa and locally-grown produce as much as possible.

Even though school food sales have dipped, suggesting kids aren't as hip to the new guidelines as the first lady, Laura Kimm, a local dietitian, said healthy eating isn't all that bad. It can even be pleasant, she claimed.

"For little kids especially, you can make grocery shopping for food a game — like 'let's pick out a green fruit,'" said Kimm, who works in Ames for the Des Moines-based Hy-Vee chain. "Healthy eating works much more effectively, and kids are more likely to get on board, when everyone in the household (read: parents) are on board too."

Jodi Bullock, another Iowa-based nutrition and fitness expert agreed.

"Eating well needs to be a family priority," Bullock, an ISU grad and dietitian, said. "Proper portion control allows for moderation."

Bullock explained that parents and kids can still enjoy their favorite treats within the parameters of a healthy MyPlate diet, but as that — treats, not regular dietary staples.

So while we can no longer count ketchup as a vegetable on a kid's lunch tray, the experts and even the schools seem to agree that's a good thing, even though it costs more money in the long run.

In terms of overall children's health and prospects for improving it for increasingly heavy American kids, the real question remains how MyPlate standards will go over at home, after kids leave the schoolhouse doors and sit down at the dining room table with their parents.

"Parents bring food into the home," Kimm said. "The most powerful impact on kids is their parents' modeling."

SCHOOL LUNCH MAKEOVER

Here are examples of three sample school lunch meals, as served prior to the Healthy, Hunger-Free Kids Act of 2010 and three meals as revised by MyPlate and the legislation. (Source: U.S. Department of Agriculture)

BEFORE

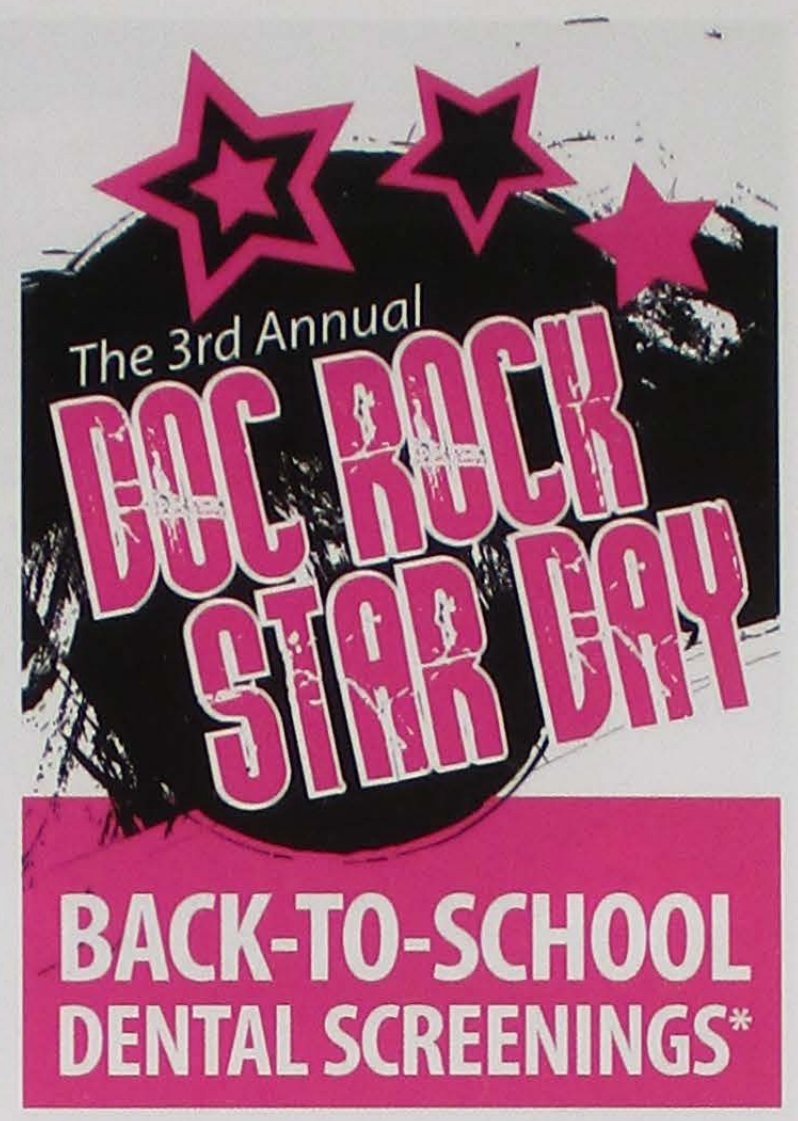
- Hot dog on a bun with ketchup, canned pears, raw celery and carrots with ranch dressing, low-fat chocolate milk
- Breaded beef patty with ketchup, wheat roll, frozen fruit juice bar, 2 percent milk
- Cheese pizza, canned pineapple, tater tots with ketchup, low-fat chocolate milk

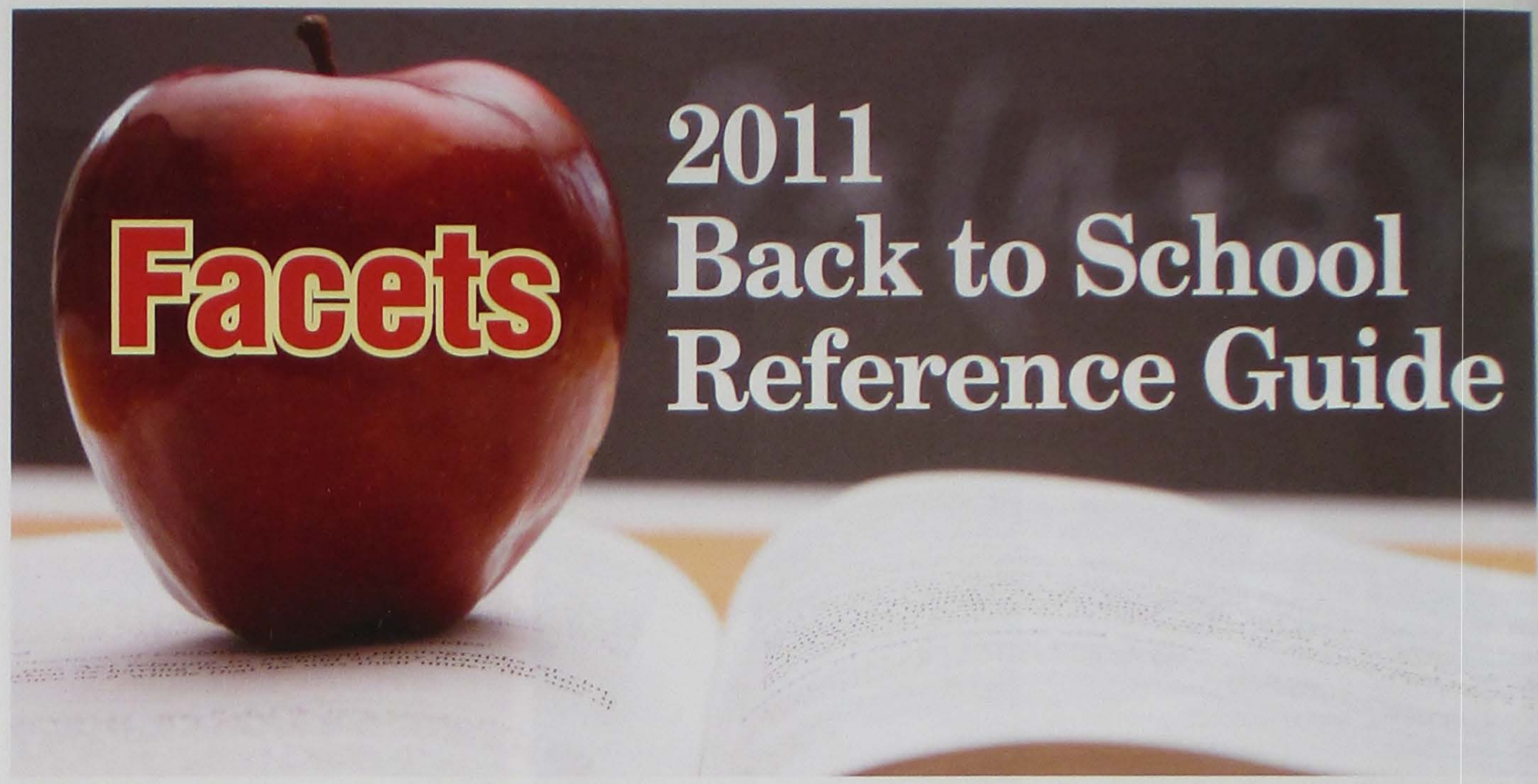
AFTER

- Whole wheat spaghetti with meat sauce and whole wheat roll, green beans (cooked), broccoli, cauliflower, kiwi halves (raw), low-fat milk, low-fat ranch dip, margarine
- Chef salad (including romaine lettuce, low-fat mozzarella, grilled chicken), corn, baby carrots (raw), banana, skim chocolate milk, low-fat ranch dressing
- Whole wheat cheese pizza, baked sweet potato fries, grape tomatoes (raw), applesauce, 1 percent milk

LEARN MORE

For more information on MyPlate, including specific recommendations for kids and adults, by age and physical condition, visit www.choosemyplate.gov.





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back to school | BY THE NUMBERS

DATA COMPILED BY KATHY HANSON

STORY COUNTY POPULATION

89,542
Total population Story County

33,460
Population older than 3 enrolled in school

65,291
Population 18 years and older

23,057
Current college students

Source: http://www.city-data.com/county/Story_County-IA

93.5%
People 25 years or older with a high school degree or higher

44.5%
People 25 years or older with a bachelor's degree or higher

5.6%
Population under 5 years

17.7%
Population under 18 years

STORY COUNTY SCHOOL ENROLLMENT

33,460
Population older than 3 enrolled in school

1,282
Nursery school, preschool

436
Kindergarten

2,924
Elementary: grade 1 to grade 4

3,027
Elementary: grade 5 to grade 8

3,753
High school: grade 9 to grade 12

18,739
College undergraduates

3,299
Graduate, professional school students

Source:: www.city-data.com/county/Story_County-IA.htm

back to school | BY THE NUMBERS

COLLEGE

According to the U.S. Department of Education's National Center for Education Statistics, the projected increase in college enrollment from 2007 to 2018 will be 25 percent for students who are 25-34 years old and 12 percent for students 35 and over. The department also projects that between 2007 and 2018, enrollment in graduate programs and first-professional programs, will increase 18 percent and 20 percent, respectively, while undergraduate enrollment is expected to grow by 12 percent.

In the most recent survey period, nationwide, 47.5 percent of students entering college were not recent high school graduates.

Source: http://www.businessrecord.com

DATA COMPILED BY KATHY HANSON

PERCENT OF AGE GROUP ENROLLED IN SCHOOL IN STORY COUNTY

34.7%
3 and 4 years

97%
18 and 19 years

37.3%
Men 18 years and over enrolled in college or graduate school

88.8%
5 to 9 years

77.3%
20 to 24 years

30%
Women 18 years and over enrolled in college or graduate school

96.8%
10 to 14 years

35%
25 to 34 years

80.3%
18- to 24-year-olds enrolled in college or graduate school

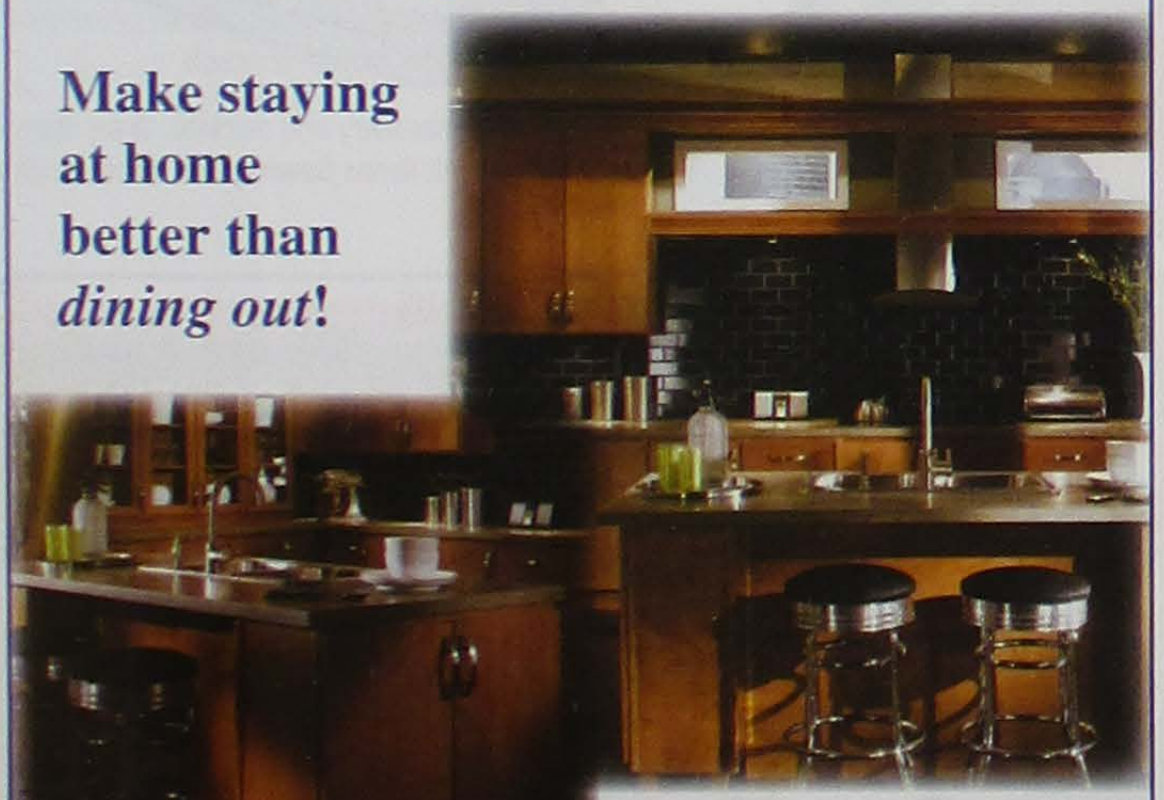
97.2%
15 to 17 years

2.9%
35 years and over

Source: http://www.city-data.com/county/Story_County-IA

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Be prepared for the Ruby-throated Hummingbird invasion during their fall migration later this month. Everything you need to enjoy these "jewels of nature" is available at **Wild Birds Unlimited**.





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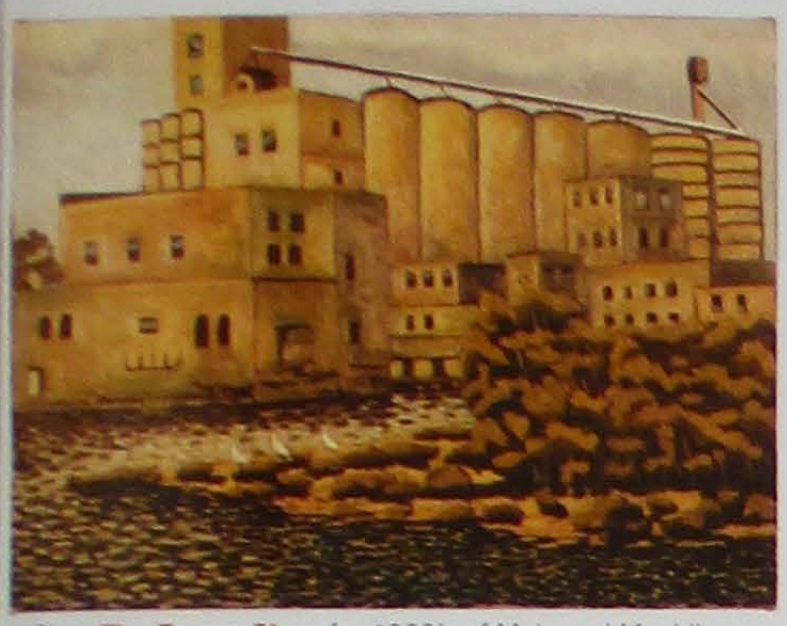
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Get fit quick with a boot camp

BY ANNIE PRESTON

With an abundance of fitness centers and diets out there, one popular option for getting in shape is signing up for a get-fit-quick boot camp program. For a set number of weeks, participants attend group fitness classes five or six days a week and get help meeting nutrition goals. The programs are perfect for anyone who wants a specific plan to take on their fitness goals.

Certified personal trainer Jeff Barton operates Jeff Barton Training in Ames, which offers the Surefire Boot Camp along with other personal training services.

What makes his boot camp stand out, Barton said, is the wide range of physical activities in his 50-minute classes. "Variety is the name we've made for ourselves. Anything goes," he said.

Participants attend classes five days a week with Surefire. In the year and a half he has run the Surefire Boot Camp, he hasn't repeated a single work out, he said.

Kyle Van Winkle, owner and operator of Kosama Complete Body Transformation in Ames, also touted the variety of workouts as a selling point of his program. "Each day of the week is different, he said.

Kosama does things a little bit differently. During the eight-week program, participants attend classes six days a week for an hour and rotate through six different types of workouts, keeping it fresh each day. Each week, the workouts increase in intensity.

Farrell's eXtreme Bodyshaping participants focus on fitness kickboxing and resistance training six days a week in their 45 minute classes. The program is 10 weeks.

Participants do three days a week of cardio-kickboxing and three days of resistance band work.

"The bands are safer and easier for people to use than lifting weights," said Farrell's franchise owner John Shilkaitis.

Each program has a nutrition aspect to complement the physical activity in order to help participants meet fitness goals.

Kosama employees hold one-on-one meetings with participants to discuss eating habits and offer nutrition suggestions. "We're big on moderation with food," Van Winkle said.

The Surefire Boot Camp also offers personalized nutrition advice depending on a participant's goals. Some participants are trying to lose weight, some just sign up for something fun to do, and some are trying to improve their athletic skills, Barton said.

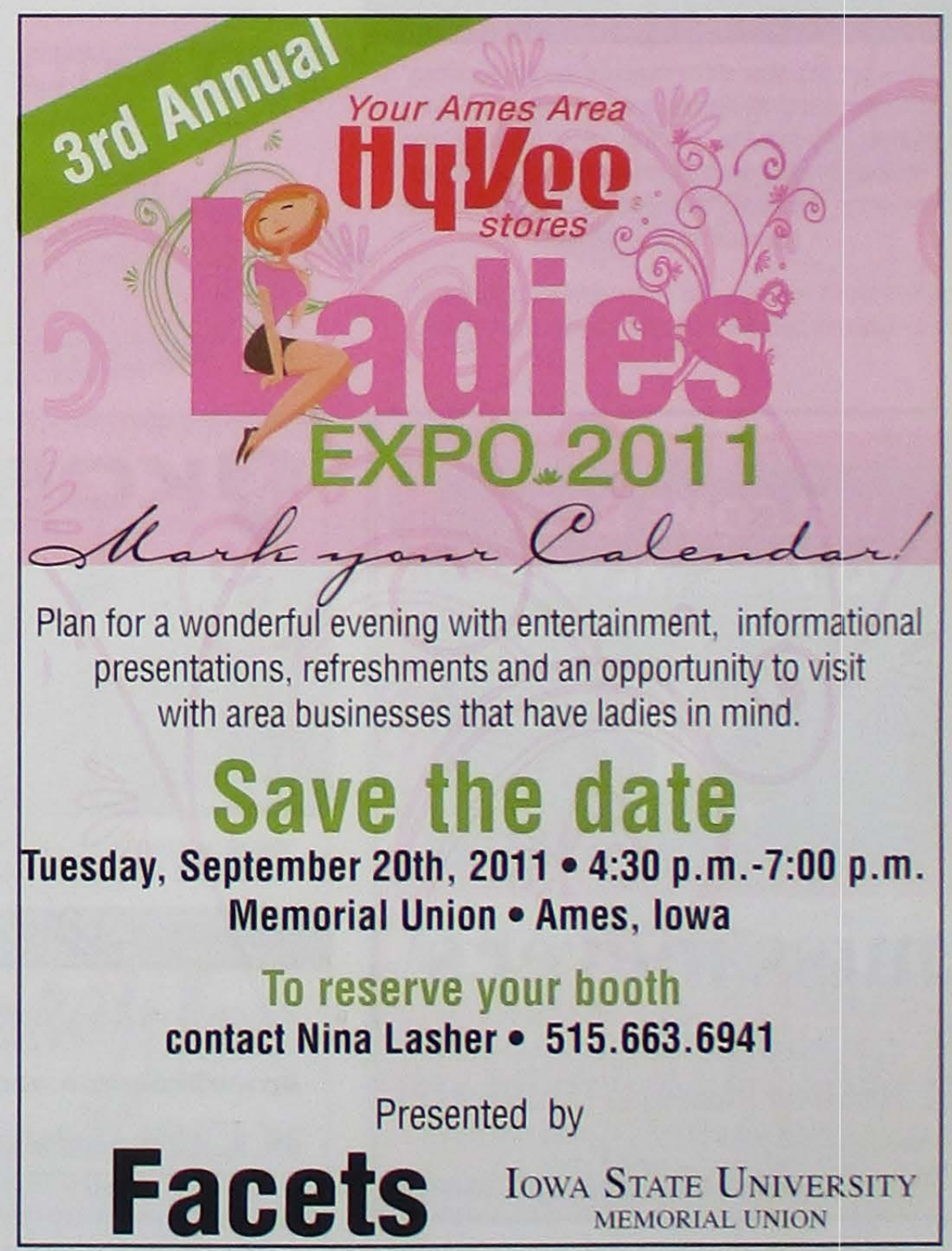
"We try to work one-on-one with people, as far as questions on diet," he said. The program uses a points system to help participants make sure they get enough sleep and drink enough water along with meeting nutrition goals.

Farrell's coaches work with participants on the nutrition part of the program. The program promotes eating about six small healthy meals every day. "We try to think of food as fuel," Shilkaitis said.

As an extra incentive to meeting fitness goals, Farrell's offers a $1,000 prize to the winner of each 10-week session. The winner is chosen based on several factors.

"We look at their before and after program and their stats on how they improved on weight, body fat loss and other things like number of push-ups and sit-ups," Shilkaitis said. Kosama also offers a cash prize.





A SAMPLING OF LOCAL BOOT CAMPS

	COST	PROGRAM LENGTH	WORKOUTS	EXERCISE TYPE	NUTRITION	LOCATION	SESSION BEGINS
FARRELL'S	$369 for 10 weeks	10 weeks	45 minutes, six days a week	Kickboxing fitness and resistance band training	Coaches offer nutrition suggestions; focus on healthy diet and small meals	231 Main St.	Sept. 10
KOSAMA	$349 for eight weeks	Eight weeks	One hour, six days a week	Yoga, Kettlebells, Kombat (kickboxing), Plyometrics (muscle training), Upper body strength and Lower body strength	Personalized plan with clients that focuses on small, frequent meals and portion control	546 Main St., Suite 101	Sept. 19
SUREFIRE FITNESS BOOT CAMP	$119 for four weeks	Most do four week sessions but longer are available	50 minutes, five times a week	Anything goes: Kettlebell slingshots, multiplanar core burnouts, tire flipping	Points system to make sure clients get enough sleep, water, meet nutrition goals, etc.	126 S. Third St.	Aug. 1

EDITOR'S NOTE: *By way of full disclosure, Facets Editor Lisa Munger works as an occasional contributor/independent contractor with Kosama of Ames as a Yoga instructor.*

Each program makes it clear that although the intensity of the boot camp workouts can jump start fitness goals, it's important for participants to keep up their good habits going after the session ends.

"We find that people become addicted after the eight-week program," Van Winkle said. Kosama offers an alumni program so participants can continue working out after they finish the program.

The Surefire program allows participants to continue a boot camp after their four-week boot camp ends and a results-management system along with personal training options to keep the extra pounds off.

Farrell's, too, has options for participants to continue working toward fitness goals or maintaining what they have accomplished with its maintenance program.

"We encourage them to keep doing something. Those first 10 weeks are the hardest," Shilkaitis said.





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Don't forget a dental check-up for your child

It's back to school time again. Parents all over Ames are making sure their children are ready to hit the books and get back in the academic and social routine. School clothes, books and materials, backpacks, lunch boxes, and sports equipment … don't forget a physical and dental check-up.

While every child should have a dental screening every 6 months to maintain dental health, in Iowa, kindergarteners and ninth-graders are actually required by state law to have a screening before entering classes in the fall. For kindergarten students, the dental screening must occur no earlier than age 3 and no later than four months after enrolling in school for the year. The screening can be performed by a dentist, dental hygienist, physician, registered nurse or physician's assistant. Ninth graders entering high school must have had a screening no earlier than one year prior to enrollment and no later than four months after enrollment. Screenings for ninth-graders can only be performed by a dentist or dental hygienist.



AMIE ROCKOW-NELSON

Unfortunately, children's dental health is sometimes overlooked. There is no single person, policy or situation to blame for this oversight. Some critics point to indifferent parents, others to unresponsive care providers or bureaucratic insurance carriers. The fact of the matter is, however, many children are not receiving adequate dental care.

It would be easy to assume that, with the availability of modern dentistry and health care, this generation of children is growing up in a cavity-free era. One might think children's teeth won't get cavities. One might also assume kids drinking fluoridated water and getting proper nutrition, along with having their teeth cleaned and sealed (if needed) and seeing a dentist regularly will always have perfect dental health. This isn't always the case, not across the board anyway.

Children who suffer from dental problems also may have trouble eating or learning and speech or general health problems as a result. Dental infections are the most prevalent chronic infections that cannot be treated with a simple course of antibiotics. Tooth decay affects more than half of all children ages 6-8

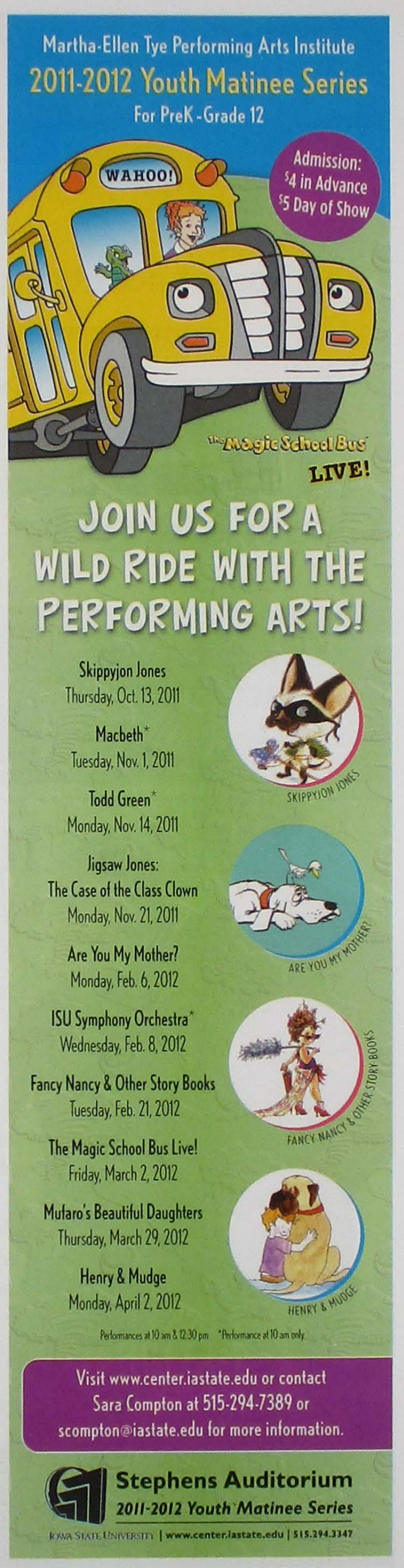
> "Not only do children with dental problems face health issues, but emotional and social consequences as well."

and the majority of teenagers. Not only do children with dental problems face health issues, but emotional and social consequences as well. A child with black teeth isn't likely to have the self-confidence to engage with other children or make friends. How do we expect a young person with missing or damaged teeth to maintain the hope and confidence necessary to perform well in school, compete in sports or get active in school clubs?

Parents must talk positively about going to see the dentist (even if you are afraid of the dentist yourself). Let your children know that the dentist is a friendly doctor who wants to help them take care of their teeth. A visit to the dentist can be a fun and pleasant new experience for your child. Try to make the dental visit an enjoyable experience for your child. Talk to your dentist before the visit if you have any particular questions or concerns. It also helps to set a good example for your child by brushing and flossing daily, eating well and making regular dental visits. Never use a visit to the dentist as a threat or punishment and don't bribe your child into going. Working together with your dentist through regular dental visits can put your child on the road to having strong healthy teeth and good dental habits for life.

EDITOR'S NOTE: *We're thrilled to have Dr. Amie on board as a regular guest columnist for Facets. She'll be joining us a few times a year; if you have specific questions for her, please feel free to contact her practice at info@docrockdds.com, using Facets as the subject line.*

Amie Rockow-Nelson, DDS, dreamed of setting up a dental practice in Ames, home of her beloved Cyclones. She received degrees from ISU and Creighton Dental School before realizing her dream in 2001 by opening her own practice, Ames Center for Cosmetic & Family Dentistry.



A word to students

The first days of school provide an opportunity to review and refresh last year's knowledge. It's also a good time to think about who you are. Maybe you were the class clown last year and that didn't work out so well, or maybe you were all about studying and missed out on social interactions. Before classes begin this year, evaluate your actions and determine if you want to make changes.



KAREN PETERSEN

How about you — is it time to review and refresh your financial skills? Are you pleased with your progress towards your major financial goals? Or are you like many students, last year's plans didn't work out so well and you are ready to evaluate your actions and determine if you want to make changes.

ARE YOU A SAVER OR AN INVESTOR?

Savers and investors are similar; both accumulate money for future goals.

Savers want safety and certainty. They want to know how much interest they will earn and when their money will be returned to them. Their money won't increase and they absolutely don't want their money to decrease; they just want to earn interest.

Investors want their money to grow. There is no way to know how much their money will grow and there is not a predetermined date to redeem. Investors must accept that if their investment can increase in value it is likely, at times, to decrease in value.

COMMON SAVING AND INVESTMENT OPTIONS

Certificate of Deposit

When you buy a CD at your bank or financial institution, you allow the bank to use your money for a predetermined time and amount of interest. CDs are usually guaranteed up to a defined amount.

Bond

When you invest in a bond, you loan your money to a corporation or government entity. In exchange for your money you receive specified interest and return of your investment at a pre-determined date. Typically bonds do not come with a guarantee.

Stocks

When you invest in stock you are an owner; your investment in the stock gives you a small position of ownership in the company. You might be paid a dividend, your principal could increase or decrease and there is no pre-determined time you will redeem your principal.

CHOSE YOUR INVESTMENT

If you need your money in less than three years a savings account or CD is the best choice. Right now, that means a low return, likely one percent or less; it also means you will not lose money.

Bonds and stocks work well for mid- to long-term financial goals.

Remember, if all goes as expected, bonds pay interest and return your initial investment on a predetermined date.

A stock might pay a dividend (some do, and some don't), and you can sell your stock at anytime. When you sell, you will receive more or less money than you invested.

I painted a pretty grim picture of stocks; why would anyone take that risk?

The answer is that historically, stocks have produced a better return than cash or bonds. If you are investing for the long-term, five-10 years or more, consider the most recent 30-year average inflation adjusted returns and values:

- Cash – 1.92 percent
- Bonds – 5.93 percent
- Stock – 7.46 percent

That means a $1,000 investment would have grown to:

- Cash – $4,973
- Bonds – $15,858
- Stock – $24,375

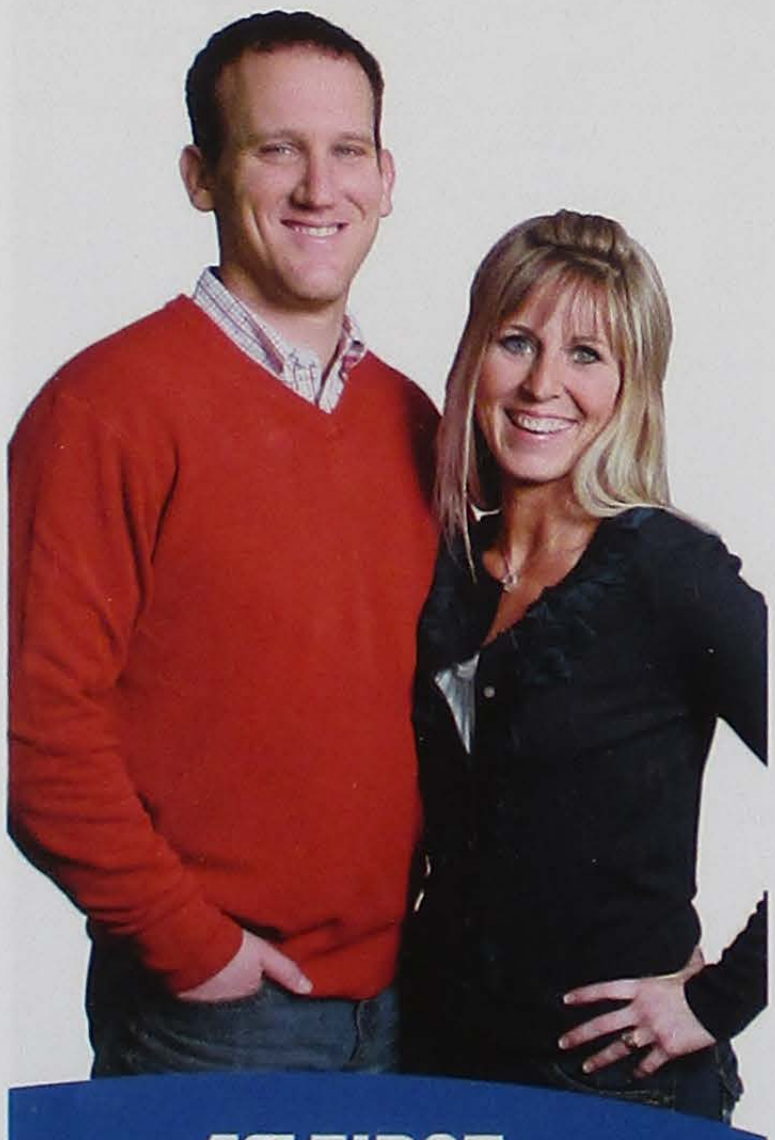
Most of us are not pure savers or pure investors. Consider your financial goals: should you be a saver or an investor?

The saver mentality is easier for most of us. But when you have long-term goals, you can learn to be a confident, savvy, long-term investor; you can just step-up and make the tough decisions. Because life is ... more than money.

Karen L Petersen CFP® CDFA™ is a fee-based financial advisor. She graduated from Iowa State University in family resource management. You can contact her at (515) 232-2785 or karen@mymorethanmoney.net.

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6. Discover the Life-Care difference for yourself

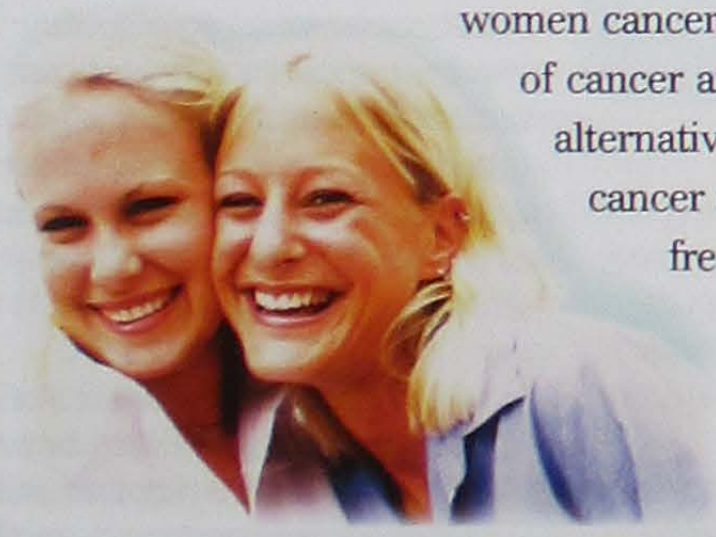
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of the William R. Bliss Cancer Center

Cancer can affect a person's energy, appetite and strength. But it doesn't have to take away self-confidence. Look Good Feel Better is a free American Cancer Society program that teaches beauty techniques to women cancer patients in active treatment to help them manage the appearance-related effects of cancer and its treatment. By taking control of how they look, using cosmetics and hair alternatives, women with cancer can strengthen the positive attitude that is so important in cancer treatment, and feel better about themselves. The cornerstone of the program is the free 90-minute workshop where women learn make-up tips and hair alternatives and go home with a complimentary kit of cosmetics and personal care products. The hands-on, step-by-step workshop is led by industry trained cosmeticians and hair alternatives specialists.



The William R. Bliss Cancer Center is pleased to be able to host these free classes.

If you are interested in participating in this free class, please contact the Cancer Resource Center at 515-956-6440 or 866-972-5477 or the American Cancer Society at 800-688-0147.
You may also register online at www.mgmc.com

William R. Bliss Cancer Center

Preserving your inner glow





Preserving your skin's radiance throughout the year, and over the years, isn't as difficult as we make it.

You know who you are. I've bumped into you in the Target beauty aisles as I try to escape my vertigo from the vast selection of products promising to be the one beauty panacea. You may see me there a lot, because so far, I haven't found it.

While chasing after the next hot beauty, anti-wrinkle, anti-aging product is tempting, with their promises of perfection made by flawless-looking TV models and glossy magazine spreads, it can be much, much simpler.

In fact, as simple as looking up. The sun. We know too many rays can age us, even give us cancer, yet it seems the lust for a golden summer bronze obscures the dark side of the sun for many of us fashionistas. After all, a great summer glow is nearly always in fashion. Whether a rockin' tan makes you feel thinner, more comfortable in your summer clothes or more youthful, the long-term effects of sun exposure will run you down in one way or another, according to one local expert.

"Do everything you can to protect your skin from the sun," said Anne Snider, a dermatologist at the McFarland Clinic in Ames. "It's never too late, what you do now will influence your skin down the road."

DERMATOLOGIST ANNE SNIDER RECOMMENDS:

When buying sunscreen:

- Choose SPF 30 or higher
- Choose a sunscreen that is "Broad Spectrum" (protects from UV Aging/UV Burning rays)
- Contains ingredients zinc oxide or titanium dioxide, which further protect from UVA/UVB rays

She said applying your sunscreen correctly is as important as buying the right kind. Here's how to do it:

- Apply 15-30 minutes before going outside
- Reapply every 2 hours and/or after swimming or exercise
- Use 1 ounce of sunscreen for the entire body, apply to all surfaces
- Protect lips and eyes; there are even lip balms out there with SPFs of 20 or more

Even with summer days winding down, we still have a couple of months to rein in our sun habits and indoctrinate our children, spouses and friends, as well. Hopefully, we're passing along healthy habits rather than sun worship.

When I noticed the wrinkles and sunspots creeping in for myself, I went straight to Facebook to message my high school friend who's now a dermatologist to get the skinny. "What are the secrets? How can I preserve my skin, keep cancer at bay and, from a purely vain perspective, bring back some kick into my skin. Bring back the youth."

Her response, like Snider's was sadly not what I wanted to hear. I wanted a product. She gave me a lifestyle. Buzzkill.

"In the morning, use a moisturizer (every day, year-round), with a solid SPF of 20 or more," she said. "Then, at night, I use a cream moisturizer that won't clog pores, like Cetaphil."

That's it? Really? No magic? Coincidentally, her advice already matched my skin care regimen to the letter. While this should have been satisfying on some level, I was kind of annoyed. What else? Give me the magic, lady. Beyond that regime, she said, Botox was about the only thing that really worked to resolve wrinkles, temporarily at least.

Call me crazy, but I'm not ready to jump into a product with "toxin" in the name.

So, the sun is the thing we can control — our exposure to it, that is. After all, one in five Americans will develop skin cancer during their lifetimes, according to Snider. Though it doesn't always kill us, skin cancer is nothing to mess around with. Even if you don't die, no fashionista wants to endure the ravages this disease inflicts. Still not convinced? Ask someone who's had it.

In a world with little we can control about beauty standards and how we fit into them, I'm ready to fight this battle. Suit up with your sunscreen, fashionistas. What's the value of a fabulous outfit or a great haircut without healthy skin anyway?

EDITOR'S NOTE: *Find Faye Fashionista at Facets Magazine on Facebook or email your specific inquiries about beauty, skin care, fashion to FacetsFashionista@gmail.com. She may answer your question in our next edition. Think of her as your very own "Dear Abby," right here in Ames.*

Faye is a corn-raised, Story County girl, with a penchant for everything beautiful — clothes, skin, hair, decor, relationships — and a matter-of-fact way of telling you what she thinks. Agree or disagree he plans to tell is like it is and give you something to talk about in the process.

Moving forward after an injury

It's easy for an injured athlete or active fitness person to compare where they are now to where they were and try to jump back in to that spot, sometimes too quickly.

In 2008, during a visit to Minnesota, Deb Hoyt's vehicle was rear-ended. Since that time, Hoyt, a fitness enthusiast, has endured recurring back and neck pain. At worst, she wakes up with a headache, a signal that it her pain will get progressively worse until she takes a muscle relaxant. At best, she has good range of motion and gets through her day with more energy.



DEBRA ATKINSON

In the time that's passed since then, she's tried it all, seeking relief.

Her small frame doesn't handle the muscle relaxants well, and she doesn't always take the medication because she needs clarity that the pills take away. Massage has been a part of her physical therapy sessions and something she's done on an occasional basis with a therapist she trusts.

Deb Hoyt is no stranger to the pain clinic either.

"What I'm learning about the body is that if it gets into a pain cycle, it can't get out without some assistance," she said. She gets a series of injections at times when she seems to going in a downward spiral.

She's also been in physical therapy off and on over these three years.

She's learned that doing things that are good for her may not pay off in immediate results or get her back to the activities she pursued prior to her injury. But that doesn't mean physical therapy and all that goes along with it (including slowly working herself back to health) isn't worth it.

"If I'm having a bad day, I know now that the posture-based exercises I do won't necessarily help right away. But on a day that I'm feeling better, I can tell a difference and know long term they help me." She explains that when she's in pain, her body awareness isn't as keen, but that through supervised personal training, she's getting the kind of support she knows will help her.

Through recommendations from Barb Palas, a physical therapist at McFarland Clinic in Ames, along with the supervision of a personal trainer, Hoyt has begun strengthening exercises for mid- and lower-trapezius muscles to reduce the upper trapezius use (think: shoulders). As a result, Hoyt is slowly beginning to keep her shoulders in proper form and avoid over activating the wrong muscles during exercise.

> "Finding the optimal game plan for you might require a quarterback in your corner to help."

"Her greatest challenge right now is discouragement and frustration," said Tami Janssen, Hoyt's trainer of her client's desire to be physically active.

Some of Hoyt's setbacks may have come from just that. Occasionally picking up the group fitness classes she used to enjoy, or registering for a boot camp class designed for the collective, rather than for an individual recovering from injuries. For Hoyt, and others like her with injuries, it's important to set yourself up in a fitness class where the instructor or personal trainer can offer individualized modifications and motivation to suit individual needs. Otherwise, these seemingly innocent attempts to get more fit can be a step backward.

Finding the optimal game plan for you might require a quarterback in your corner to help. Communicate openly with each of the practitioners that you seek out so they can work together on your behalf to develop a fitness program with your individual needs in mind.

Debra Atkinson, M.S., C.S.C.S., graduated from Iowa State University, where she has also taught in the department of kinesiology for 12 years. She has been a fitness professional, writing, speaking and practicing for 25 years. Reach her via email at PTDirector@amesracfit.com.

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faceted woman | SUE RYAN WEISS

Name: Sue Ryan Weiss
Family: Husband, Craig; sons, Brett (16) and Walker (14); daughter, Ryan (12)
Age: 48
Position: Writer/editor. I work from home, editing research papers and grant proposals and laying out and designing publications for ISU faculty. I love learning about new topics and never knowing what my next project will be. From research papers about worm-composting to a grant proposal for a new center to teach undergraduates science, it's always interesting and fun.

Favorite wardrobe staple:

My running clothes. One perk of working from home is that my "career wardrobe" consists mainly of T-shirts and either shorts or sweats, depending on the season. My running shoes ensure that I can sneak out for a quick run when the opportunity arises.

My simplest pleasure:

Reading. I'm a voracious reader who can easily speed through two or three books a week. But, I must confess that I compulsively edit everything I read. Setting aside time to read to the kids several times a day when they were younger helped them to also develop a passion for reading. Now, during summer vacation, we still have "quiet reading time" when we all take an afternoon break and just read.

How do you stay balanced in your life?

I'm a diehard (some would say compulsive) runner. I get really cranky if I go too long between runs. On days I don't run, I fast-walk about 7 miles around Ames with my friend while we solve all the world's problems. And I lift weights. And do Pilates. And go on bike rides. And cross-country ski in the winter...



Photos courtesy of Sue Ryan Weiss

Climbing to the summit of Mt. Rose (elevation 10,776 feet) was a highlight of Sue Ryan Weiss' family vacation to Lake Tahoe. Shown are Weiss' sons, Brett and Walker; Sue Weiss; her dad, Doyle Ryan; her husband, Craig; and daughter, Ryan.



Sue Ryan Weiss in her home office.

Best family vacation?

I'd never gone camping until I met my husband, Craig. (Hello? I grew up on a farm, which is really glorified camping.) But I love tent camping with our family, especially in Colorado. Our favorite vacations have been in national parks: hiking, biking and camping.

How do you give back to your community?

I volunteer at school and church events. And yes, I've had to make those dreaded phone calls in search of volunteers. Please consider saying yes when you get one of those calls. We're all busy, and yet sometimes you have to ask half a dozen people to get one yes. If you must decline the initial request, suggest something you could volunteer to help with. Call a friend and volunteer together. I've made some of my best friends from working together on school projects over the years.

What have you accomplished that has made you proud?

After 10 years of volunteering at Edwards Elementary, I'm proud of our very active and energetic Parent-Teacher Organization. We are blessed with parents who are not afraid to pitch in and do whatever it takes to help the teachers with their classroom needs. We dealt with adversity head-on and became stronger in the process. I was truly touched when the parents and staff donated more than $400 in my name for me to select books for the Edwards Media Center as a thank-you gift during my last year there.

A favorite quote and why:

"If a man does not keep pace with his companions, perhaps it is because he hears a different drummer. Let him step to the music which he hears, however measured or far away," Henry David Thoreau, "Walden." It's probably not a coincidence that I received three graduation cards with that quote from my high school friends. Thirty years later, I still instinctively heed that voice in my head.



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No matter what your situation is Ames Contracting Team can help...

Eighteen years after purchasing her Ames home, resident Kathryn Andre decided it was finally time to give her 1961 kitchen and bath a tune-up.

Everything was extremely out of date, had a worn-out look and was way too closed off from the rest of the house. Cooking in the kitchen was cluttered, the main bathroom was confined, there was inadequate lighting all around and nothing was accessible to walkers and wheelchairs.

"Many years have passed since improvements had been made to the inside of the home," said Andre. "The look was somewhat dated and dingy. In addition, the home was built before principles of universal design were popular. This will be home to a single woman for many years and needs to be safe and easy to care for."

After deciding to move forward with the remodel, Andre felt overwhelmed by the variety of choices in every category, from cabinets to counter tops, from flooring to lighting. She did a lot of research and then selected Ames Contracting Team to assist her in this endeavor.

"I worked closely with Ames Contracting Team on the coordination of the project, in order to make sure they understood exactly what I was looking for," said Andre. "The Ames Contracting Team collaborated on numerous jobs and coordinated well with everyone."

The full bath and kitchen is where most of the remodeling work took place, but the entire public area of the house was also refreshed and updated, with new flooring, improved lighting, wood refinishing and painting.

Ames Contracting Team made sure to provide the best finished product they could. Based on their experience, they made numerous suggestions to improve the final project without adding great expense.

The updates made to the ranch-style home were designed for easy living and to help bring the outside in, through the updated floor plan and windows.

"I wanted to be true to the original style of the home while making low-maintenance choices," said Andre. "So we retained the original woodwork and custom cabinets throughout. We also punched up the neutral look by adding in splashes of blues, greens and oranges on the walls and as accents."

Functionality and personal safety were also priorities. Visual space was increased by incorporating the adjoining porch with the TV room through application of the interior color to the porch.

The bathroom was expanded by two feet by utilizing some hall closet space. The small bathroom door opening was enlarged and fitted with a pocket door for easy accessibility. Two new sinks were added, in addition to a new walk-in shower, tall toilet, new vent and tile floors.

The kitchen was opened up by relocating a right angled counter and cabinet to the wall, leaving wide accessible space. A new kitchen sink was added, as well as a hood vent over the stove, under-counter lighting and vinyl floor tiling.

Carpet was removed from hardwood flooring in the hall and one bedroom, and the flooring refinished. The wood stairs to the basement were also refinished.

While challenges are evitable to arise, each contractor on the Ames Contracting Team visited the home several times before the project started and thoroughly studied the home to identify any surprises, discussing with one another on how best to accomplish the project.

"The home is light, lovely, and easily accessible," said Andre. "The woodwork glows with new life and the removal of the cabinets that divided the kitchen now provides it with much needed natural light."















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